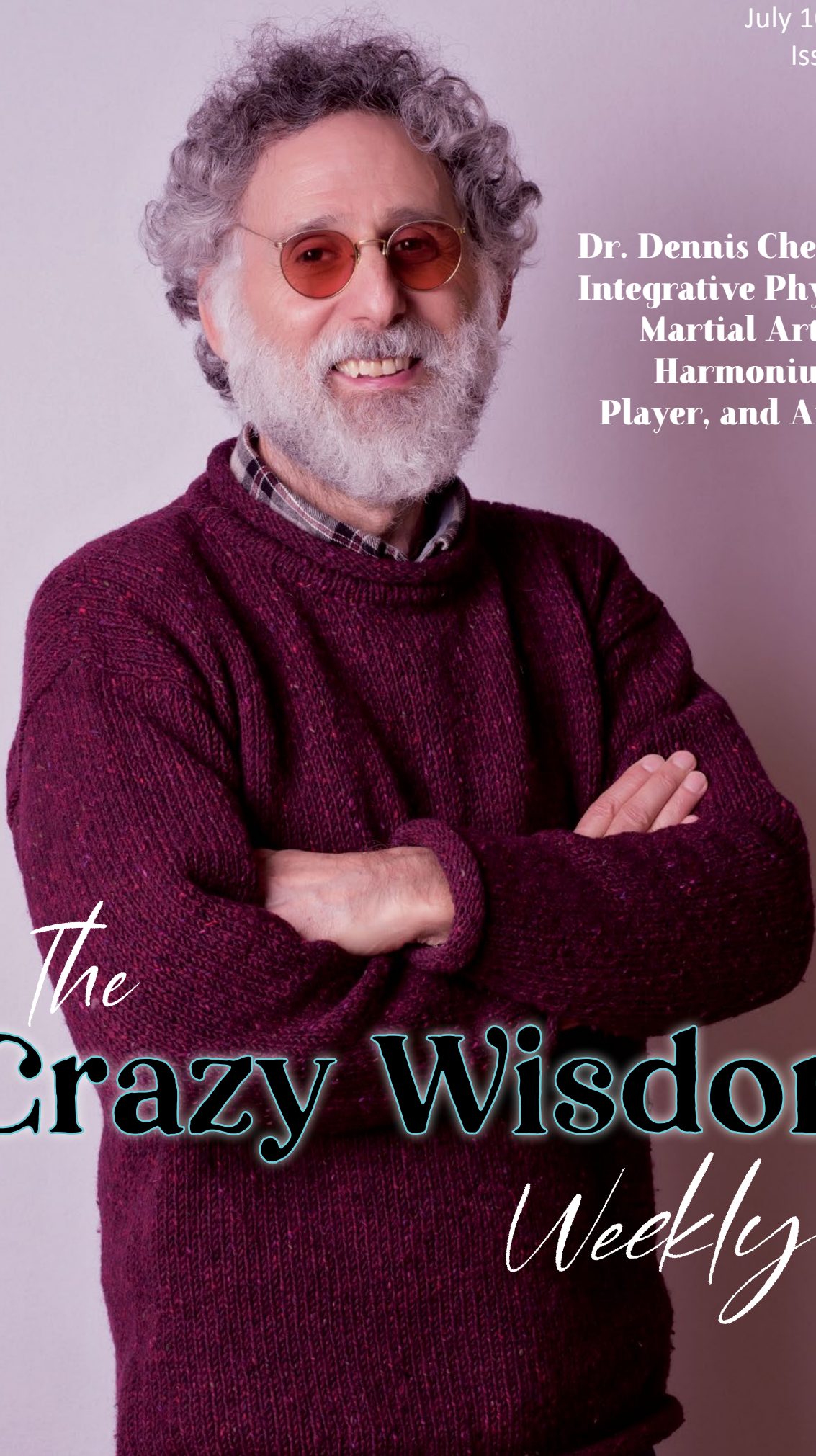
July 10, 2020
Issue #13



Dr. Dennis Chernin—Integrative Physician, Martial Artist, Harmonium Player, and Author

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

Artwork by Ani Daher. See more on Instagram.

> The clearest way into the universe is through a forest wilderness.
>
> —John Muir

Table of Contents

Word of the Week ..... page 4

A2tor: Free Virtual Tutoring..... page 5
By Amelia Hatcher-Kay

Comfort Food..... page 6
By Paula Kious

Book Pick of the Week..... page 7
By Sarah Newland

What's Up in Our Community
with Dr. Dennis Chernin..... page 8

Tarot Card of the Week..... page 9
By Carol Karr

Bring Balance Back to the Table..... page 10
By Michelle McLemore

The Crazy Wisdom Weekly Calendar..... page 11

From Our Blog..... page 12
by Julie Kouyate

Sculpture Walk Chelsea..... page 12

A Final Thought..... page 13

white lotus farm carts

Order online and pick up at the White Lotus Farm Cart during business hours, Wednesday 9 a.m. to 1 p.m. or Saturday 8 a.m. to 2 p.m. You can also find them at the Easter Market in Detroit.

F • E • A • T • U • R • I • N • G

artisan baked goods

OUR BREADS USE ALL ORGANIC FLOUR, FRESHLY MILLED AT OUR BAKERY.

organic microgreens

OUR MICROS ARE GROWN IN SOIL WITH TOP QUALITY LIGHTING, HARVESTED THE DAY BEFORE MARKET FOR OPTIMAL FRESHNESS.

handcrafted botanicals

OUR BOTANICALS ARE MADE ON THE FARM WITH ALL NATURAL HERBS AND OILS.

artisan handcrafted cheeses

OUR FARMSTEAD & ARE MADE FROM OUR AND LOCAL GRASS-

good vibes

OUR GOOD OUS.

Visit White Lotus Farms online for more information.
whitelotusfarms.com

7217 w. liberty road, ann arbor, mi 48103

White Lotus FARMS

whitelotusfarms.com

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom , Inc., July 10, 2020.
Cover Photo by Mary Bortmas of Unforgettable Photos.

Thank you to our contributors for this issue:

Amelia Hatcher-Kay
Paula Kious
Dennis Chernin
Michelle McLemore
Julie Kouyate
Mary Bortmas
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Psithurism

The sound of wind in the trees and rustling of leaves.

Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. We will publish our fall issue on schedule. In the meantime, we created a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

Free virtual tutoring for Ypsilanti/Ann Arbor Area Middle and Elementary Schoolers

By Amelia Hatcher-Kay

We are all now familiar with that feeling of powerlessness that comes from watching disaster strike the world around us. Like so many others, I wanted to do more to help during the pandemic than sit at home, and, since I couldn't solve the problem of Covid-19 itself, I decided to take on one of the many other problems in our community: increased educational disparities.

I knew from personal experience that it's hard for teens to find opportunities to volunteer as tutors in our community, and I was struck by the fact that it must be even harder for those who need it most to access tutoring services. The pandemic could magnify this difficulty, but it doesn't have to. In fact, by making virtual communications the norm, it opens the door for a program that could greatly diminish some of the largest barriers to tutoring access—transportation, cost, and scheduling. That's why I founded A2tor.

I wanted to create opportunities for kids to get help regardless of whether their parents could drive them to free after-school programs or afford private tutors. Opportunities for kids to have fun learning for the sake of learning and acquire strong fundamentals from a young age regardless of whether their parents have time to read with them or ensure that students complete enrichment activities given out by schools during closures. I wanted to create a program that didn't just use tutoring as a way to solve academic problems, but as a means to prevent the problems in the first place and help each child reach their full potential. And I wanted this program to be something that kids could engage with and access at a time that was convenient for them and didn't force them to give up other activities. Kids shouldn't have to choose between playing outside and receiving academic support.

At the same time I was helping younger students, I wanted to create a way for my fellow high school students (and myself) to use the crazy amount of free time we suddenly had to help others. My hope was that a project would bring people together and make them feel empowered to help the world, while also allowing them to continue to learn, even with Covid-19 disrupting normal schooling. Many people say that the best way to really learn something is to teach it. Through tutoring, high school students are able to solidify their academic skills, as well as develop confidence working with kids and their parents in a professional atmosphere.

I wrote a proposal with my ideas and contacted some friends. We divided up the necessary tasks—making a website, running social media, reaching out to schools and the broader community—and shared tutoring techniques and educational games, each learning how best to connect with younger students and strengthen their skills in a fun and engaging way. Now that we have dealt with the logistics, we are ready and excited to connect with our students.

The A2tor program provides free virtual tutoring, and other educational programming, for Ypsilanti/Ann Arbor area middle and elementary schoolers. We are excited to work with students to keep their brains fresh during this strange and difficult summer through educational games, enrichment opportunities, and help with summer classes. Beyond the traditional core subjects, we also offer opportunities for personal connection and growth in music and art.

We hope to add group tutoring to our current individual services soon. A2tor supports teachers and parents in helping students to reach their full potential and motivate them to grow in subjects that they find challenging, as well as those that come easily.

Nobody knows what next school year will bring for our local community and beyond, but no matter what happens, A2tor will be there to support our students in learning through fun and safe connections and explorations.

Learn more by visiting A2tor online!
On Facebook search for A2tors
Instagram: @officiala2tor
Website:a2tormail.wixsite.com/a2tor
Email: a2tormail@gmail.com

COMFORT FOOD

By Paula Kious

Oatmeal Cake with Caramel-Brickle Topping

Hello Crazy Wisdom Friends! My name is Paula Kious and I am an English teacher at Onsted High School. In addition to my teaching, I have always enjoyed cooking and baking for my family and friends. It is one of my favorite ways to unwind and relax. I love comfort foods and hope you will try my versions of old classics and new discoveries. This cake is one of my favorites. I hope you love it, too!

Cake Ingredients
1 ½ Cup hot water
1 Cup old-fashioned or quick-cooking oats
1 Cup brown sugar
1 C. white sugar
½ Cup butter @ room temp.
2 eggs
1 ⅓ Cup all-purpose flour
1 t. cinnamon
1 t. baking soda
½ t. salt

Ingredients for Topping
½ Cup butter
1 Cup brown sugar
1 Tbls. Mile
1 Cup coconut

Pre-heat oven to 350. Spray a 9"x13" cake pan w/non-stick cooking spray.

Combine the hot water and oatmeal, then set aside.

Cream together the butter and both sugars; then beat in eggs.

In another bowl, mix together the flour, cinnamon, baking soda, and salt. (I normally sift these ingredients as I think it assists in creating a more evenly-blended batter.)

Add ½ of the flour mixture to the creamed butter mixture, followed by all of the soaked oatmeal, then the remaining flour; mixing between additions.

Pour into prepared baking pan and bake until set, 30-40 minutes. (My cakes are always set and ready to take out of the oven after 30 minutes; so you'll want to set your timer for 30 minutes, to begin with.) Take cake out to cool.

Once cake has cooled, turn the oven to broil and move your oven rack to the top setting.

Combine butter, brown sugar, and milk in a saucepan. Bring to a boil while stirring. Boil for 1 full minute while continually stirring.

Remove from heat and quickly stir in coconut.

Pour topping over cooled cake and spread evenly, then broil in oven for 1 full minute, but no more. Watch carefully. It may turn a bit darker as it's broiling, but that's okay. The topping is supposed to harden. This is what gives it its yumminess!

Remove cake from oven and enjoy the compliments.

We're Participating in Chelsea's Restaurant Month! A new special each Wednesday in July!

July 15th: Buy one crust pastry and get one 33% off!

July 22nd: Spend $100 on groceries + get an Agricole T-shirt for FREE!*

July 29th: Spend $25 on produce from any farm and get a $5 gift card

We're throwing a garden party to celebrate all that has been accomplished in the first year of being open. Come join in the festivities to honor our producers, staff, and customers alike! Join us on July 11th for cake, give-a-ways, and more!

Join us in welcoming our newest pop-up vendor- Logan Lajiness, owner of Great Lakes Wellness. Using a Michigan source of hemp for his products, Logan seeks to educate and create innovative, yet high quality CBD products. CBD opens an avenue of holistic relief that works through the body's inherent endocannabinoid system. Come learn more about CBDs with Great Lakes Wellness and their products on July 15th, from 12-3PM.

Crazy Wisdom Book Pick of the Week

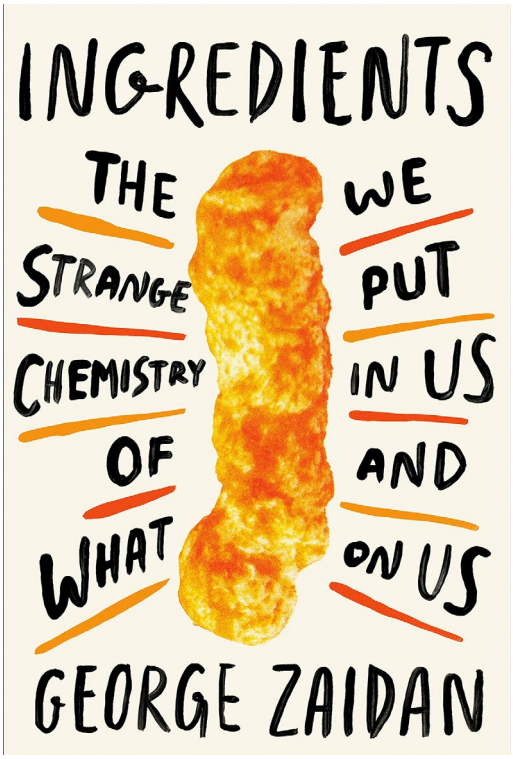
By Sarah Newland

Ingredients: The Strange Chemistry of What We Put in Us and on Us by George Zaidan

Ingredients offers the perspective of a chemist on the stuff we eat, drink, inhale, and smear on ourselves. Apart from the burning question of whether you should eat that Cheeto, Zaidan explores a range of topics.

Zaidan, an MIT-trained chemist who cohosted CNBC's hit Make Me a Millionaire Inventor and wrote and voiced several TED-Ed viral videos, makes chemistry more fun than Hogwarts as he reveals exactly what science can (and can't) tell us about the packaged ingredients sold to us every day. Sugar, spinach, formaldehyde, cyanide, the ingredients of life and death, and how we know if something is good or bad for us—as well as the genius of aphids and their butts—are all discussed in exquisite detail at breakneck speed.

Click here to purchase a copy of *Ingredients.*



What's Up in Our Community

Dennis K. Chernin received his M.D. and M.P.H. from the U of M, and is board certified in preventive medicine. He currently practices holistic and family medicine using nutrition, yoga, meditation therapies and homeopathy, and is also the medical director of two county public health departments.

Dr. Chernin is a certified yoga teacher, teaches and studies Chinese martial arts, and is a lead singer, harmonium player and co-founder of a kirtan group, Ann Arbor Kirtan.

He is the author of several books including *The Complete Homeopathic Resource for Common Illnesses, How to Meditate Using Chakras, Mantras and Breath* and the soon-to-be-published *My Path: From Yoga and Meditation to Holistic Medicine.*

During the time since Michigan began opening up somewhat in mid-May, have you been able to see your patients in-person, or mostly by tele-medicine? What's been good, and what's been hard, about that?

I haven't seen patients in my office for four months (since early March), a few weeks before the lockdown began. While I miss interacting with my patients one-on-one, I have discovered that treating patients in any capacity is gratifying. Time is saved by my not traveling to work and for patients who can speak to me in the privacy of their homes. And, of course, we can have an office visit without the worry of having increased exposure to Covid-19. I have found that almost all people have problems that can be handled by tele-medicine and I've even been able to look at throats and skin problems through this videoconferencing. I'm seeing about half the number of patients weekly as I did before the pandemic began. I have sent a few patients to urgent care or the emergency room who have illnesses that needed immediate attention or who have wanted to get a Covid test. Cinda Hocking, my office manager, is doing a great job going to the office daily, calling in prescriptions, making virtual appointments, and writing letters for patients. All in all, it's been the strangest and most unique time in my 44 years of medical practice.

Photo by Mary Bortmas

In addition to being a respected local physician and author, you have also been involved with public health issues. How do you think Washtenaw County has done, in terms of responding to the challenges of the coronavirus pandemic?

I am the medical director of two small rural health departments and we have seen outbreaks in nursing homes, in the general community, as well as in the local jails and prisons. I have

been in close touch with both counties [that these small health departments are in] and spent a lot of time on the phone (and done some radio and TV) with health officers, county commissioners, police chiefs, sheriffs, judges, and nursing homeowners and their medical directors. We have been suggesting quarantines, isolation, and have been doing a tremendous amount of contact tracing. I have been extraordinarily busy. With the polarization in the country over using masks and a desire to open up society sooner rather than later, this has added an enormous stress to the prevailing Covid-19 situation. I have spoken to the Washtenaw County Health Department and they seem to be doing a good job overseeing the County's well-being, with respect to testing and contract tracing. St. Joes and the University of Michigan have been doing a tremendous job in caring for sick people and monitoring what's best for their employees and county residents.

Do you think people in this area are "opening up" carefully enough, thus far? What are your concerns for the summer and fall, in this area?

This question is very difficult to answer as society is constantly debating the issues of public health versus the need for jobs and the overall health of the economy. With unemployment soaring and people struggling to pay their rent or even having enough to eat, fear and insecurity for the future is gripping the nation. We also are seeing the pandemic spreading to areas where infection was previously low, representing [the fact] that the virus is still very much with us. How much we open our society up depends on our fundamental belief systems. From the very early foundation of our country, both libertarian and communitarian values have characterized American ways of thinking. The former represents the idea that one should be allowed to do what's right for the individual and the latter represents the notion that people need to forgo some freedoms for the good of the community. Mask wearing represents this dilemma.

Some people see wearing masks as stifling their rights and others see it as fundamental to helping others not be exposed to this illness. Only time will tell if our opening up was too early. We need to do a better job of universal and free testing, social distancing, and better contract tracing since these steps are the only methods for containment at this point in time. Until a vaccine is developed or therapeutic medicines are available, I hope we will find our way on how to balance what is concerning for the individual with what is needed for the health of society, and that this will occur before more people succumb to Covid-19.

When you find yourself feeling blue and isolated from friends and family, what do you do to feel better?

I take long walks, meditate, do tai chi, eat healthy foods, paint, read, and chant. I Facetime with my family as much as I can. Ruma and I have been walking in Bird Park and surrounding areas since early March and have really enjoyed watching late winter morph into early spring, then late spring, and now into summer. The transitions have been wondrous, with dried winter shrubs blossoming into wildflowers and the surrounding, naked trees becoming alive and verdant. We discovered a very cool app called *Picture This* which identifies the flora around us. It's exciting to be able to identify plant life we live around. Covid has slowed us down. So, on a personal level, I have organized my life differently, priorities have changed a bit, and I've learned to value each passing day even more.

What daily habit have you changed that you'd like to keep when this period of social distancing is over?

I want to continue to stay in the moment and appreciate every day fully. I also want to continue to stay closely connected to nature.

What is the first thing you want to do that you haven't been able to do once the social distancing is lifted?

I have not seen two of my children's families (and six of my grandchildren) for five months and really miss them. My daughter, Ari, just had a baby, and I really want to hug that little one, Lyon Lilly. That will be the first thing I want to do.

Tarot Card of the Week

By Carol Karr

Strength predicts the triumphant conclusion to a major life problem, situation, or temptation through strength of character. It is a very happy card if you are fighting illness or recovering from injury.

Strength serves as a reminder that, although you can make gains through shows of physical force or strength, lasting significant change comes from the quieter displays of strength that arise from more spiritual principles such as compassion and kindness.

This card shows you how to make lasting gains through focus on principles based in higher realms instead of asserting the false power associated with brute force and ego.

Bring Balance Back To The Table

By Michelle McLemore

An increasing number of people are taking breaks from social media and news broadcasts because the angry posts and hyper-sensationalized news coverage is having a harmful impact on their nervous systems. Seeking remedy, people are asking, "What can be done?" as communication seems to be breaking. In times like these it is helpful to remember that good-hearted people exhibit anger because of long running frustration.

Negative emotions like fear, anger, and defensiveness are symptoms of yearnings for peace, joy, security, trust, and for acceptance—for something bigger to believe in and to be a part of. These feelings can lead to beautiful partnerships or devastating martyrdom.

An, effective, peaceful communication strategy has been around for decades. Older folks learn it through life experience, but it can be taught to every age group. The strategy proved so effective that in the 1980s it was taught in Michigan public schools as the core of Peer Listening programs. The technique even made it into an episode of Everyone Loves Raymond.

Developed by Psychologist Carl Rogers as part of his Humanistic Therapy Approach, the basic tenets of Active Listening helped counselors demonstrate understanding and promote further introspection for their clients. This listening technique can be used effectively between family members, friends, coworkers, significant others, and even political adversaries.

Rogers's basic idea was to listen to show proof of understanding, which creates empathy. Empathy is received as a sign of acknowledgement and understanding. This creates a basis for trust and a beginning willingness to be honest with one's self as well as to show respect in return by listening to others' ideas.

There are many situations in which active listening can prove helpful:

- To gain understanding of the speaker's values, motivations, or perspectives
- To diffuse anger or clarify feelings of being marginalized
- To acknowledge the worth of an individual or to reassure someone of his/her worth
- To help people solve their own problems (which in turn builds self-confidence)
- To learn the speaker's fears and values in order to frame your arguments effectively to share a different perspective or new information
- To work together on solving a problem

Once you learn the basic sentence starters (see our sidebar on the next page), and appropriate physical behavior, you could slip into active listening casually just about anywhere– the grocery line, the bus, in a restaurant, social media, or the dinner table, and have a significant impact for (and on) the speaker.

First though, you need to ask yourself this question: Are you listening to understand and nurture another or are you listening to advance your position and reach a mutually beneficial solution? The key difference here, is that if the issue is a mutual problem, be sure to listen first and work to show you truly understand the other's viewpoint. Throughout the conversation, keep demonstrating you are listening as a sign of respect and to ease down the others' walls.

In philosophy, if there is a loser in any conflict, there truly is no winner. Consistency in demonstrating understanding does not mean you agree with someone else—it means you acknowledge why they feel how they do—how their brain connects situation to emotion. Paraphrasing or reflecting with, "So you feel X because Y" is the most basic way of proving you listened. The listener's reflection helps to bring out the core emotions, reasons, and wishes about life behind the struggle. It is these elements the speaker might need to acknowledge and reconsider in solving his or her own conflict. What truly motivates people to do and believe what they do?

Active listening and effective discussions require both parties' commitment. If either one is exhausted or overwhelmed by life circumstances, focus will be a challenge. Personality traits and mental diagnosis may also challenge the receptivity to the active listening process.

During times of unpredictability, each person retains two core weapons and strengths–how we each choose to respond to the world and how we choose to go forth to make ripples of influence. At times we may need to withdraw to regroup and remember who we are. Other times, we may choose to engage—to listen and help others on their personal journeys to make peace with their pasts. The more resolution we can achieve from personal, and sometimes generational conflict, the closer we are to creating peace tomorrow for all. Lead and listen with your spirit. Healing is a process. Honor it. The journey may, and often does, take a lifetime, but the ripples begin to have impact immediately.

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • July 25 • 9:00 a.m. Learn how to communicate with animals telepathically in a nurturing, supportive, step-by-step environment. This is a two-day in-person class, Saturday and Sunday, from 9-5 each day. You will work with live animals, as well as their photos, and receive individualized support and validation. Our clinical environment is sanitized and fully cleaned. Class size is limited to 6 persons so that social distancing may occur. Safety protocols will be sent to registrants. Fee is $150 per person. To register, call Judy Ramsey at 734-665-3202 or email ramsey.judy003@yahoo.com. For more information visit judyramsey.net.

Online Workshops

God, the Ego, the Nature of Reality Or, "The Four Great Illusions" presented by Jon Mundy, Ph.D. • July 26 • 2:00 p.m. A two hour workshop exploring the topic based on "A Course in Miracles". Presented via Zoom. For more information email Delyth Balmer atdelyth.balmer@interfaithspirit.org delyth or visit Interfaith Spirit online at interfaithspirit.org.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

To begin active listening, try choosing from these sentence starters:

"So you feel…"
"It sounds like you…"
"You're wondering if…"
"So you believe that…"
"Tell me more. Go on."
"What would be an example?"
"What does that mean to you?"
"What's another possibility?"
"How do you feel about that?"
"Why do you think that is the case?"
"In the past, how have you responded when that's happened?"
"How did you feel about the outcome? Why?"

Sound, Ceremony & Wellbeing

Self-Care & Inner Awakening
Healing Heart Sacred Sounds©
Revitalize & Balance Energy
Sacred Sound Journeys

*group *private *corporate

Victoria Schon

www.healingheartsacredsounds.com
www.victoriaschon.com

From Our Blog

How Bodymind Coaching Creates Real And Lasting Change

By Julie Kouyate

Look, here's the deal. YOU CANNOT CREATE CHANGE in your life with concepts and words alone. Affirmations can only take us so far. Let me break it down for you.

Our lovely minds are a record of the past. Our experiences are a combination of what our brains and bodies record, along with a chemical release (depending on what happened in the experience), but mostly the emotion we assign to the experience. The neurological networks wire together to create a roadmap—the way we respond to this experience gets mapped out and that's how the body conserves energy. It will run this program over and over again when faced with similar situations—the body goes into auto-pilot. This is great for survival, but the problem is that this system works in the same manner when we get angry at a fellow co-worker, get totally stressed about a car problem, or upset with how someone we love speaks to you.

The long term stress response creates downregulation in the genes and immune system, and ultimately body and mental illness prevail. This is precisely why it seems almost impossible to change. It literally takes energy to change. So how do you get inside that hardwired program of redundant responses based on past experiences? Is it possible to change the automatic way the body responds without your conscious awareness? How can one change anything with the mind alone without understanding how to change the chemical response associated with that thought?

Bodymind coaching steps in here as a very unique transformational process. First, we attempt to understand the neural networks or “the map.” Awareness is key and investigating our subconscious thoughts is where it all begins. We literally bring the “program” out of our minds, and by identifying it, we bring the response road map to the forefront of our awareness. We work with all areas in life that a client desires to focus on, but particularly we start where the current “stuck spots” are, or where there's pain and suffering in the body. Bodymind coaches all have touch as a unique skill set and have honed their craft over many years as healers. Bodymind coaches are well versed in alternative health approaches like massage and energy work.

Read the next steps for lasting change on our blog!

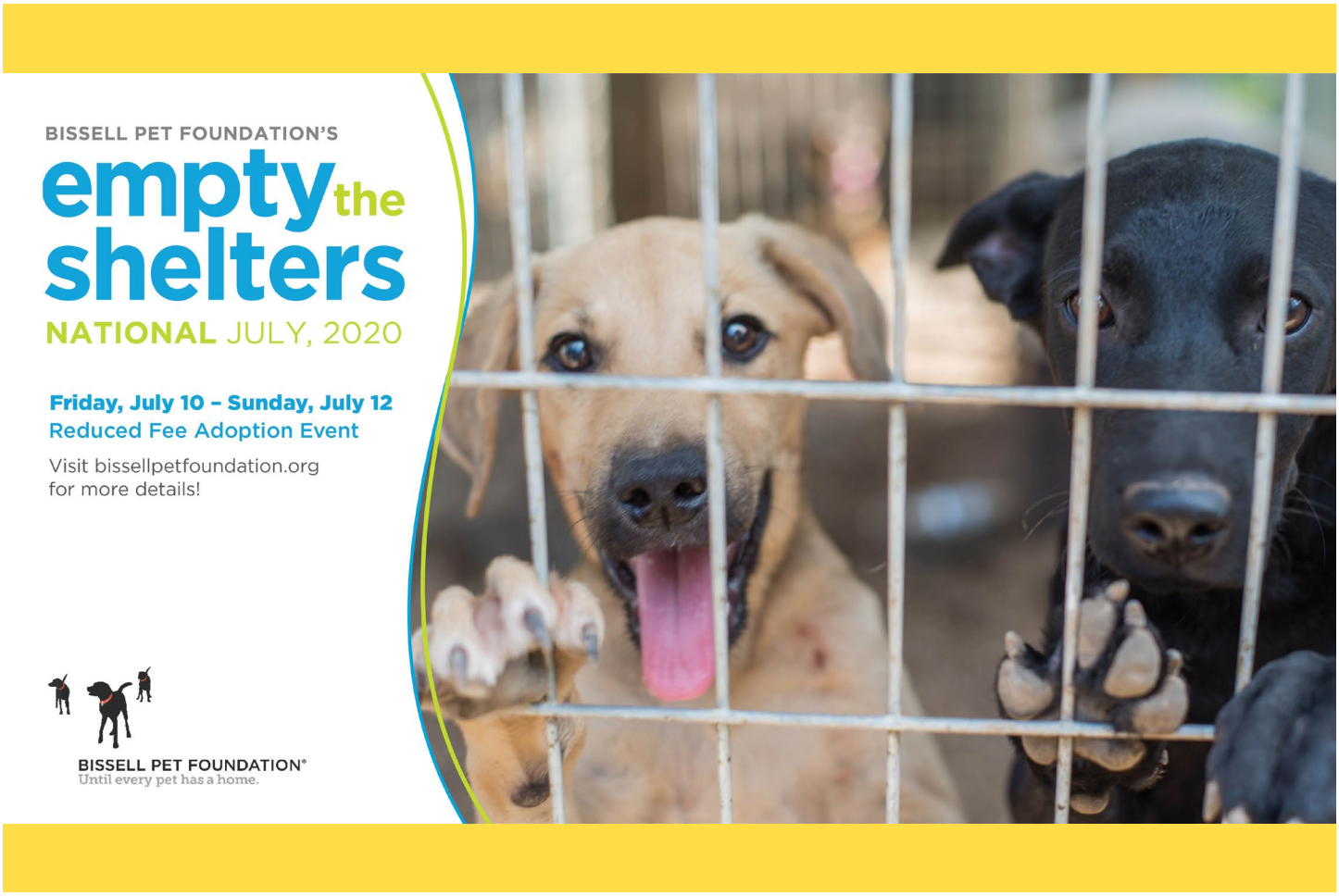
Sculpture Walk Chelsea

You will notice a new vibe in downtown Chelsea that emanates from the magnificent new outdoor gallery comprised of 14 new Sculptures. This is the 11th year sculptures will be gracing Chelsea’s streets and parks. Sculptures featuring top regional artists bring free contemporary art to visitors and Chelsea residents. This annual rotating exhibition enhances and enables the cultural and artistic Chelsea City-Brand.

Chelsea Area Festivals & Events, (CAFE) is proud of the creativity and professionalism that Visual Arts and Exhibition Coordinator Crystal Scott brought to this year’s program. As in the past, final selections are juried in. This year there were 35 applications, and of the 14 selected sculptures, three of the Artists are from Ohio and 11 hail from Michigan, keeping with CAFE’s regional focus. Most of the artists featured this year are new to Chelsea and for several of them, this is their first public exhibition.

Take a stroll through downtown Chelsea and enjoy the outdoor Sculpture Gallery. You can find the map and more information about each of the artists and the sculptures by visiting the SculptureWalk Page on the CAFE Website chelseafestivals.com.

Summer Adoption Event Takes Place Across 40 Michigan locations in Effort to Find Forever Homes for Homeless Pets



BISSELL Pet Foundation's (BPF) Empty the Shelters (ETS) event will take place July 10-12. Over 160 of BPF's shelter and rescue partners are participating in this reduced fee adoption event which will aim to find forever homes for thousands of cats and dogs. Thanks to BISSELL Pet Foundation, now's the time to adopt a new best friend for $25 or less at one of the 40 locations across Michigan.

With fostering pets becoming so prevalent during COVID-19, BPF will also honor foster-to-adopt cases that start as fosters during the weekend of July 10-12 and are finalized up to one week after the event.

"More pets run away on the 4th of July than any other day of the year," said Cathy Bissell, Founder of BISSELL Pet Foundation. "The increase in shelter intake puts pressure on our partners, who are already working with limited staff and funding due to COVID-19. The best way for us to support them is to help their pets find loving homes."

Participating shelters will work with interested adopters to schedule meet and greet appointments following local COVID-19 guidelines. To find an adoptable animal at a participating location near you, visit www.bissellpetfoundation.org/ets. Using the filter function on the map, your local shelter's information will populate. For accurate hours of operation and processing procedures, visit the organization's website linked on the page.

All animals included in the ETS promotion will be microchipped and spayed/neutered to prevent further pet homelessness.

Since the program began in 2016, Empty the Shelters has found homes for 37,394 pets and counting. During the COVID-19 pandemic alone, 6,231 pets were adopted during two ETS events executed by appointment only.

It is not only fine feathers that make fine birds.

—Aesop